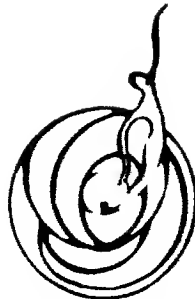


Management problem solving and decision making usually involve the need to perceive actual or potential information areas in a whole context or spatial sense - to observe all elements of information impacting on a probable solution. This is compounded by a need to observe both their cause and effect, which usually objectifies the subjective to a large degree.

We feel the human mind physically operates in very much the same fashion. The left brain logic applies an orderliness to the right brain input where intuition, emotion or spatial sense operate as an originator of ideas. The original idea becomes muddled in some degree because the mind has a need to process spatial information in a left brain scenario, usually displayed in a linear thinking pattern. As the right brain information is passed quite randomly, the end result is a compiled ideal or logical design, linearly achieved solution for the problem at hand which is therefore based only on "selective" information input. Thus, some of the information was never even processed, even though its relative importance to the problem may have had a significant impact on the result (i.e., as in discarding a gut feeling).

The HP-10 and Management series of Hemi-Sync taped exercises generate a new method of focus in conceptualizing not only all spatial aspects of a problem, but in allowing an individual to perceive the multitude of possible linear patterns which run through the typical planning or management problem. It assists in seeing the entire "jigsaw-puzzle" through all its pieces without linear processing. The Frequency Following Response (FFR) induced through application of the Hemi-Sync process assists in total perception of all possible linear solutions simultaneously (e.g., a problem consisting of X number of essential elements requiring an end solution would appear more as a "helix" of essential elements, or "ball" of information through which all possible linear applications could be constructed.).

When applied properly to problem or planning thinking, this "whole mind" approach brings an openness to original thought which will astound the user. With practice in application, an individual becomes so familiar with the state of mind necessary for whole brain utilization, they literally switch in and out, without the use of a tape. It is quite normally a new but easily learned operational mind set.



Inquiry  
Information  
Innovation

THE

**Monroe  
Institute**

OF

**Applied Sciences**

The RAPT Program, designed by MIAS, was originally conceived and is continually reviewed and upgraded, to bring specific "mental tools" to the forefront which assist the person learning this new mind set. It is meant to establish the signposts for recognizing peak performance, and provides identifiable "keys" which open the windows to this new mode of perception. The HP-10 Series of tapes associates numbers to different windows, which through repetitive use and application, assists in instant recall of the various states of mind most beneficial to the desired focus. These are:

- #1 - To become wide awake, alert, or, to stay awake.
- #2 - To focus attention completely on a single area or subject.
- #3 - To remember immediately anything experienced.
- #4 - To return to normal operation from any Hemi-Sync state.
- #5 - To think clearly, cleanly, and sharply.
- #6 - To apply muscle strength or smooth coordination.
- #7 - To instantly let go of emotion (anger, disappointment, etc.).
- #8 - To feel better when tired, depressed or discouraged.
- #9 - To read, speak, or talk smoothly and easily.
- #10 - To totally relax, ease tension or stress.

The other keys available, such as the Energy Bar Tool (EBT), Resonant Energy Balloon (REBAL), Non-Verbal Communication (NVC), Color Breathing Techniques and Patterning are equally important keys in that they provide familiar mind sets which can be easily recalled through day to day application. The human mind operating from such familiar territory establishes a confidence and trust within itself based on immediate feedback which is quickly recognized during practice or application. For example, in the case of "patterning", constant mental participation in positive, deliberate action and/or thought achieves such a degree of perfection through practice, that it becomes automatic and spills over into every aspect of a person's life, producing an almost constant positive feedback. The same applies to the continual use of color breathing in an everyday mode; such as using the breathing technique and thinking of the color green to calm emotions or of red to enhance one's strength and coordination abilities.

As a final thought, use of the Hemi-Sync process has proven to reduce stress and tension. The obvious benefit in that alone, to include use of the restorative sleep rate, is enormous. As the sophistication in the world around us constantly increases, our ability to bring clarity and focus continues to rise. It is to that end that MIAS continues to strive.